



## Back to school with Attack the Snack!

### In this issue...

- After school snack inspiration
- Dip, dunk, crunch!
- WIN a Sporty Cruiser Micro-scooter + helmet



## After school snack inspiration

Running out of after-school snack ideas? Skip the battles with our simple tips to keep kids fuelled, happy and ready for whatever's next - whether it's to tide them over until dinner or fuel for a club or activity.

[Check out the snacks hub!](#)

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## **Dip, dunk, crunch!**

Snack time doesn't just give kids an energy boost after school – it can spark a little fun too. Adding a dip turns simple nibbles into a mini adventure - giving them the chance to get hands-on and creative with their food.

It's an easy way to mix things up, add a splash of colour, and tempt a few more healthy bites along the way.

[Explore some quick & tasty dip ideas here!](#)

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## Win a Micro Cruiser LED Scooter + Helmet!

Make everyday trips and weekend outings extra fun with this prize! We're giving away a brand-new Micro Cruiser LED Scooter with light-up wheels, an easy fold-and-go design, and large 200mm wheels for a smoother, faster ride.

It's perfect for kids aged 6–12, and comes with a matching Micro Deluxe Helmet for safe scooting.

The winner even gets to choose their favourite colours for both!

[Enter now for your chance to win this sporty set](#)

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## Coming in October...

### **Apples & pears: the ultimate grab-and-go snack!**

Crisp, juicy, and naturally sweet - they're fuss-free, easy to pack, fun to munch, and full of fibre to keep growing bodies happy.

Plus.. we'll be celebrating **British butternut!**

Home-grown, delicious and easier than you think! From microwave to roast to air fry - butternut squash makes quick, tasty meals the whole family will love.

Lots more inspiration to come!!

**VEGPOWER**

